



What are your numbers
telling you?



Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Drop the Numbers

Registration October 9 – November 12
Classes October 30 – December 17

Instructor: Garrett

Location: Cycle Room

Active class times:

Mondays & Wednesdays | 4:30 p.m. – 5:30 p.m.

Tuesdays & Thursdays | 5:30 p.m. – 6:30 p.m.

Beginner class times:

Mondays & Wednesdays | 6:00 p.m. – 7:00 p.m.

Tuesdays & Thursdays | 8:00 a.m. – 9:00 a.m.

Cost: \$120 members | \$150 non-members

Drop the Numbers is a program designed to reduce individual health risk factors such as high blood pressure, cholesterol, and body fat percentage. Drop the Numbers will teach participants to understand, evaluate, and change their daily exercise routines to manage each these measurable health factors and see improvement over time. Class size is limited to the first 5 participants, and registration is required.